

National Diabetes Education Month

全國糖尿病關注月

Diabetes can cause blindness, nerve damage, kidney disease, etc. People can lower their risk for diabetes by more than half if they have a balanced diet, get regular physical activity, and stay at a healthy weight. If you want to learn more about the diabetes, please attend NEMS Education Workshop.

糖尿病會引起失明、神經損傷、腎臟疾病等、如果能有均衡健康的飲食、定期進行體能運動、和保持適當的體重，患糖尿病的危險至少能減低一半。如果您想要了解更多關於糖尿病的資料，請參加東北醫療中心健康教育部舉辦的講座。

Topics Include 題目：

- What is diabetes? 什麼是糖尿病?
- How many types of diabetes? 糖尿病有多少種類型?
- What are the signs and symptoms? 糖尿病有哪些徵兆和症狀?
- How to manage your blood sugar? 如何控制您的血糖?
- What are the 7 Self-Care Behaviors? 哪7種自我保健行為?



Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所 1520 Stockton St. San Francisco, CA 94133	211 Eastmoor Clinic 帝利市診所 211 Eastmoor Ave. Daly City, CA 94015
Date 日期	11/3 - 11/26/2026 Every Tuesday & Thursday 逢星期二及星期四	11/6 - 11/20/2026 Every Friday 逢星期五
Time 時間	10:30am – 11:30am 上午 10 時半至 11 時半	2:00pm – 3:00pm 下午 2 時至 3 時
Room 房間	1/F Health Education Room 一樓健康教育部	1/F Room 104 一樓 104 房

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Free language assistance services and auxiliary aids and services are available.
Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.
如果您說中文，我們可提供免費語言協助和輔助設施服務。
Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.

NEMS NORTH EAST MEDICAL SERVICES 東 北 醫 療 中 心

Contact Health Education 聯絡健康教育部:
1-888-500-1886 ext. 轉內線 5843 | WWW.NEMS.ORG

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11/26/2026



National Diabetes Education Month

Mes Nacional de la Educación sobre la Diabetes

Diabetes can cause blindness, nerve damage, kidney disease, etc. People can lower their risk for diabetes by more than half if they have a balanced diet, get regular physical activity, and stay at a healthy weight. If you want to learn more about the diabetes, please attend NEMS Education Workshop.

La diabetes puede causar ceguera, daño a los nervios, enfermedad renal y otras complicaciones. Usted puede reducir su riesgo de desarrollar diabetes en más de la mitad si lleva una alimentación equilibrada, realiza actividad física con regularidad y mantiene un peso saludable.Si desea aprender más sobre la diabetes, ¡asista a un taller educativo de NEMS!

Topics Temas:

- What is diabetes? *¿Qué es la diabetes?*
- How many types of diabetes? *¿Cuántos tipos de diabetes existen?*
- What are the signs and symptoms? *¿Cuáles son los signos y síntomas?*
- How to manage your blood sugar? *¿Cómo controlar el nivel de azúcar en la sangre?*
- What are the 7 Self-Care Behaviors? *¿Cuáles son los 7 comportamientos de autocuidado?*



Detailed Information Información detallada	1520 Stockton Clinic Clínica de 1520 Stockton 1520 Stockton St. San Francisco, CA 94133	211 Eastmoor Clinic Clínica de 211 Eastmoor 211 Eastmoor Ave. Daly City, CA 94015
Date *Fechas*	11/3 - 11/26/2026 Every Tuesday & Thursday *Todos los martes y jueves*	11/6 - 11/20/2026 Every Friday *Todos los viernes*
Time *Horario*	10:30am – 11:30am	2:00pm – 3:00pm
Room *Sala*	1/F Health Education Room *1er piso, Sala de Educación en Salud*	1/F Room 104 *1er piso, Sala 104*

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